



WOW! THOSE TROPHIES LOOK HEAVY

PHOTO BY ASHLEY IDLE

Kerri Lantz and Jason Smith pose with their Athlete of the Year awards which they received for their outstanding effort and contribution to Conestoga athletics. For more photos and story, see Page 15.



de Boer students' new rep

By RYAN YOUNG

Conestoga's student body took to the Internet to elect the student representative on Conestoga's Board of Governors for the coming year.

Voting took place through Conestoga students' email accounts from April 1-6. The elected student gets to sit on the Board of Governors and serve as the voice of the students by attending the board's monthly meetings where a variety of topics from program approval to fundraising campaigns are discussed.



de Boer

First-year business administrative management student Sarah de Boer emerged victorious, defeating fellow students

Nadir Chaudhry, Sasa Kahrimanovic, Syed Farhan Nagvi and Andre Richards. Her campaign focused primarily on her wide range of experience.

"My experience in private education and the federal government have given me the skills to be an effective agent of change within organizations," said de Boer on Conestoga's website.

She has budgeting, planning and negotiating skills, "all of which will help me better serve you, the student body."

She also credits her time spent on the west coast as a beneficial experience.

"I have also worked as a supervisor of the Vancouver Film School's student café where I strived to meet the needs of the students from a staff standpoint," said de Boer. "This unique experience allows me to represent our student body in a way that will be professional and in line with the school's goals and mission."

Now that she's been elected, the mission is officially underway.

CJIQ finds new voices

By GERALD UPTON

Don't be alarmed if the voices you are hearing are new voices. On the radio, that is.

CJIQ is changing the guard early. As of April 5 the second-year radio broadcast students who did the announcing on your college radio station all year have left the air. They have been replaced by first-year students.

"We are the only college I know of that puts first-year students on the air," said Mike Thurnell, CJIQ program director.

It is also an audition. The four best of these tyros will be hired on a work-study basis to

front for CJIQ during the summer, when the rest of the students are taking a break. This is a full-time radio station, after all.

It also gives the graduating students time to focus on finding their first job. Some have already.

The changeover was kicked off by a live-to-air broadcast from the middle of the main cafeteria at Doon campus April 5. Adam Knetsch and Boris Rajkovic sat at a plain table with minimal equipment and went on air for the first time right across southwestern Ontario.

"It's different to hear myself when I've never done this

before," said Rajkovic, who goes by the on-air name of Boki-G. Barely started, he paused to consider whether he was really ready for this.

"Yeah, I'm getting there. That's the point, right?"

Dan Devine, another prospective radio announcer, was looking forward to his commercial debut with mixed feelings.

"It's intimidating and exciting at the same time," he said, then smiled. "This matters!" He said he's wanted something like this most of his life. When he got laid off for the third time in seven years from a mundane job, he decided it was time for a change.

"I wanted to be a famous actor," he said, but the opportunity just wasn't there. People told him he had a good voice and should be in radio, so he decided to give that a try, and ended up at Conestoga. Quick-witted, with a strong off-beat sense of humour, he should be an interesting addition to the lineup.

At orientation the broadcast radio faculty explained in detail what the course involved.

"When they laid it out," said Devine, "when they said, 'Here is the career we can give you,' that's when I knew I wanted it."

For the fall term, the

announcers won't be in a set rotation. This is to give them more varied experience and let them decide what they really want, explained Paul Scott, coordinator of the broadcast radio program. It also makes them more versatile when looking for employment.

In the second term they will be allowed to choose what they do.

"Then they can start to specialize in the area they're interested in," said Thurnell. This could be hosting the daytime shows with a set playlist, doing an off-hours show that focuses on a particular type of music where you have more freedom about what you play, or doing the less fun but more employable news-weather-sportscast.

"What makes our broadcast radio program different from other radio programs in other colleges," said Thurnell, "(is) they don't have a real licensed radio station. What we have is a unique situation." The program is identical to being in a commercial station. Graduates who find work at radio stations will be useful from the second they walk in the door. This gives them an edge over other graduates.

"That's what it's all about," said Thurnell. "When they leave this place they're ready for a real-life experience."



PHOTO BY GERALD UPTON

Adam Knetsch and Boris Rajkovic go on the air for the first time in the Doon cafeteria on April 5.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What are your plans to celebrate the end of the school year?

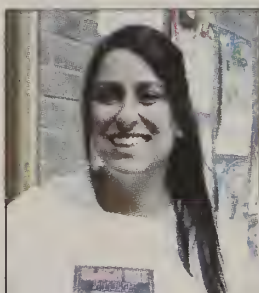


"Move back to T-Dot!"

Rebecca Gnanasingan,
first-year general arts
and science

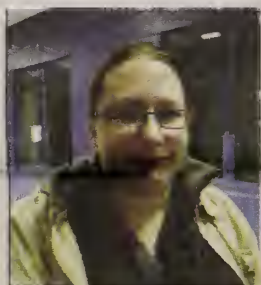
"Massive outdoor kegger and campfire."

Becky Saba,
third-year business
management



"Sleep."

Lindsay Higgins,
office administration-
executive



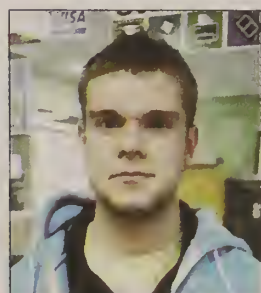
"Big party, of course."

Edgardo Vasquez,
second-year computer
programmer/analyst



"Vegas, baby!"

Scott Campbell,
second-year
administrative marketing



"Going to a bunch of concerts and hit up Wonderland."

Katrina Singh,
first-year interior
designer



Smile Conestoga, you could be our next respondent!

Late students distract others

By NATHAN RIENSTRA

What started off as an experiment has proven to be an effective way to reduce the amount of distractions in Conestoga College classrooms.

"Although all classroom strategies start out as experiments, this one has stuck," said liberal studies and communications professor Drew Harvey when talking about the 8 a.m. cutoff he applies to his morning classes.

Harvey, who teaches within Conestoga's fitness and health promotion program, said the cutoff was decided on by students of the program. It encourages students who are late for their 8 a.m. class to wait until break time at 8:50 a.m. to enter the classroom.

According to Harvey, the cutoff decision was partially due to students feeling that

professionalism is lacking in the fitness world. They feel there are "too many 'weekend' personal trainers," which means personal trainers who simply take a weekend course and are certified. This is why they agreed to abide by the cutoff which has ultimately reduced classroom distractions and improved their learning environment.

"We all decided just for our learning needs and purposes to have the door locked because since it's such an early class, it's really distracting when people are coming in like every minute for half an hour," said Lindsay Goetz, a student in the fitness and health promotion program.

But according to Harvey, the doors aren't actually locked.

"Sometimes people sneak in anyway (rarely), but most people wait until break to

enter," he said. "I certainly try to keep it playful while encouraging students to stick to their own rules via email and individual discussion."

Harvey, who said when students run late it can be stressful and harmful to their health, mentioned that the 8 a.m. cutoff is also intended to increase safety. Rather than racing to get to class, students who know they're going to be late can drive safely and arrive for 8:50 a.m., he explained.

Harvey knows of a few other professors who apply similar rules to their classes, and said, "With the recent Respect Campaign, I hope that students see arriving on time (as often as possible) as part of respect for their instructor, their classmates, the educational process and, most importantly, themselves."

Doctors should care more about my health

There's nothing like going to a doctor and being laughed at. I went to one a while back and told her if I don't eat every three hours, I get this horrible pain in my midsection. She told me not to worry about it. People just get hungry in different ways.

Obviously I looked to the Internet to try and find another explanation. I found that I had most of the symptoms of a duodenal ulcer. I went back to the doctor and asked if that's what it could be. She laughed at me. I was so upset. I don't even go to a doctor unless I think there's something really wrong because I always have such bad experiences with them.

I don't have a family doctor, so I'm stuck seeing one different doctor after another. In my experience, walk-in clinic doctors don't want you there. They would rather brush off your problem than take the time to sit down with you and figure it out. Especially if it might be serious.

A few years ago a lump started growing in the roof of my mouth. I ignored it for a



Cassandra Bourgeois
Opinion

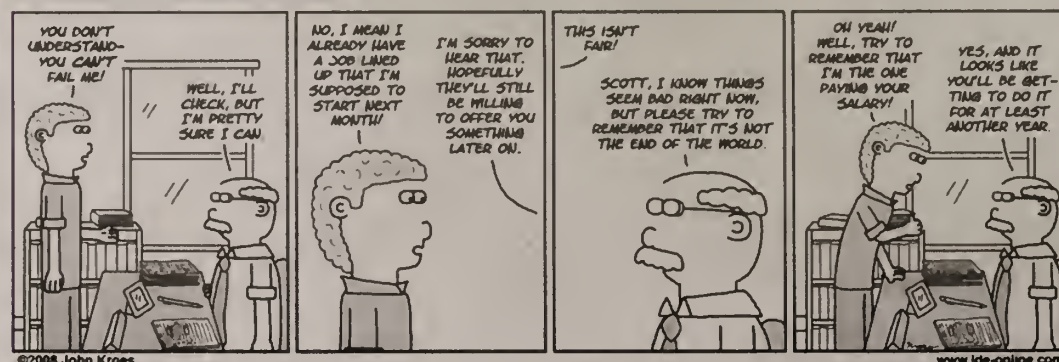
long time, because it didn't affect me in any way. It didn't hurt, it didn't get in the way of eating and you couldn't see it. I was hoping it would just go away on its own. Finally I looked it up online, trying to figure out what it could be. The only pictures it looked identical to were of tumours. Of course, I didn't want it to be a tumour, so when I asked a walk-in clinic doctor to look at it, I didn't mention anything about tumours. The doctor said I would have to see a dentist. The dentist said it was probably an infection in my gum causing swelling. Yeah, an infection in my gum caused the roof of my mouth to swell to the size of a golf ball. That makes perfect sense. He sent me to a specialist to make sure.

The specialist cared. I don't

know whether it's because he's a genuinely nice person, or because he gets a better paycheck, but finally I was getting the attention I needed. After paying for tons of tests because it all counted as dental and not health, we found out it was a benign tumour. And finally, OHIP started covering the bills. Shouldn't a doctor have some idea of how to recognize a tumour before I'm stuck with the dentist bills?

Any time stories like these have come up in conversation, similar doctor stories come spilling out from every corner. A lot of them are from people who, like me, take their problems to the walk-in clinic, but some of them are from people who have family doctors. I understand that it's hard for doctors. There aren't enough of them to see all the patients. However, I wish that doctors would try to understand how hard it is for us. It isn't easy bringing personal health issues to a stranger. And even if you think our theory about it is completely ridiculous, don't laugh at us.

LAST-DITCH EFFORT



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Skillz Manifesto artwork dazzles at Conestoga



PHOTO BY ROBERT CONTE

This artwork is part of Skillz Manifesto, an annual year-end event for students in the communication and design program, which gives Conestoga's budding designers a chance to showcase their work.



PHOTO BY ROBERT CONTE



PHOTO BY ROBERT CONTE

This dragon consists of some 3,668 pieces of paper. Carling Cisecki showcases her design at the Skillz Manifesto on April 11.



PHOTO BY RYAN YOUNG



PHOTO BY ROBERT CONTE

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Ordinary people do extraordinary things

BY LAURA BENNETT

It used to be that passersby wouldn't stop for accidents or administer CPR to an unconscious person for fear of a lawsuit. What if the victim had a neck injury that you didn't know about or you cracked one of his ribs while doing CPR?

Fortunately, since 2001, Ontarians have been protected under the Good Samaritan Act, a law covering any health-care professional or individual who provides immediate first-aid assistance to a person who is injured or unconscious due to any emergency or accident.

Recently there have been several instances where passersby not only offered assistance, but probably saved a life. Several drivers stopped at the scene of a crash on April 3 on Highway 7/8 in Kitchener to do what they could before firefighters and paramedics arrived. One person directed traffic while another smashed the back window of a vehicle to get to an unconscious man.

And on March 21, a vehicle driven by a 19-year-old man flipped and landed on its roof in a muddy field in Waterloo. Two drivers passing by stopped and held the man's head above the water in which the upside-down car was sinking into, until paramedics arrived.

In another situation on March 11 in Hamilton, a group of people cut a seatbelt restricting a 54-year-old woman in her fire-engulfed car after a collision with a pickup truck. Before freeing her they tried to put the fire out with fire extinguishers but were unable to.

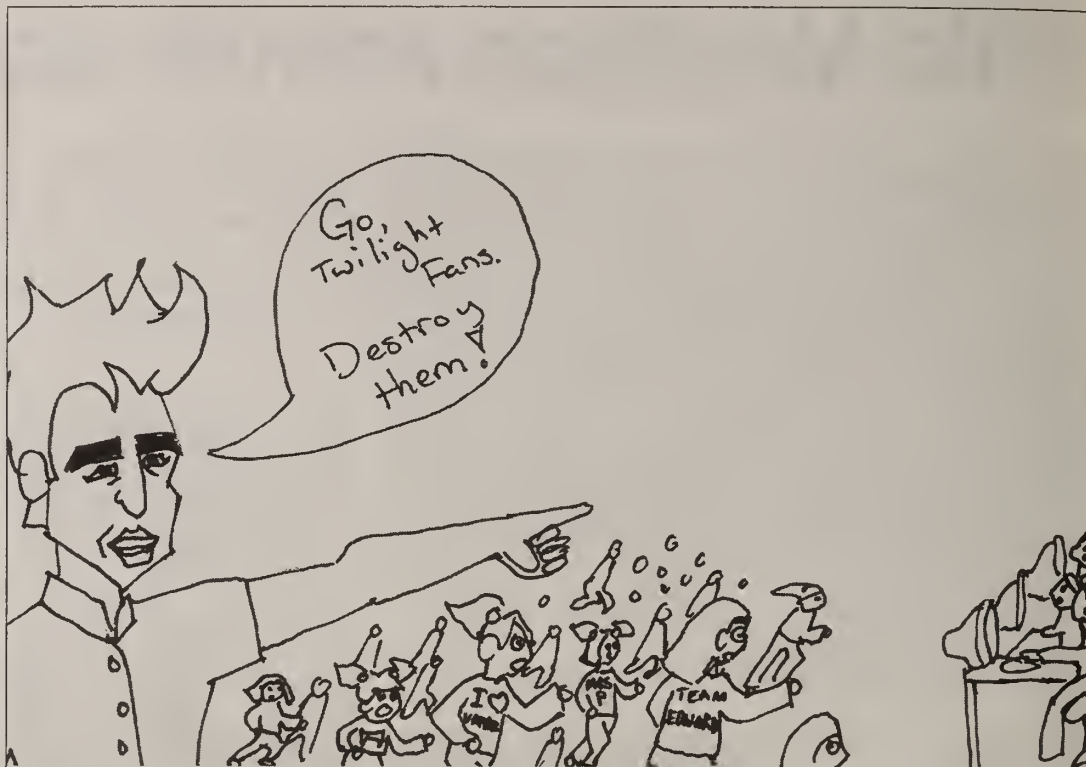
It's refreshing to know that citizens of Kitchener and Waterloo would jump into these situations without a second thought. Many people who make a split-second decision to save a person's life say that they would hope someone would do the same for them or their family members in moments of despair.

Good Samaritans walk amongst us every day. Many people don't anticipate they would jump into the fiery, mangled mess of a vehicle after witnessing an accident, but they do. Most times good Samaritans do not think, they just act. And we are all the better for it.

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. No unsigned letters will be published. Letters should be no longer than 500 words. Spoke reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spoke, 299 Doon Valley Dr., Room 1C30, Kitchener, Ont., N2G 4M4



Robert Pattison sics Twihards on hackers after Breaking Dawn photos are released

Tim Hortons' price increases don't scare away the crowd

As I waited in the Tim Hortons' line the other morning, I overheard two men talking about the price increase on April 11.

"Unbelievable," one man commented. "I don't agree with the price going up, but I'll still end up buying my coffee here," the other man responded.

Right there I knew, no matter the cost, Tim Hortons' customers will always come back for more.

A sign posted in many stores stated that prices were going up on some menu items due to increased operating costs.

For instance, coffee prices increased six to seven cents depending on the size of the cup and location of the store.

The Tim Hortons chain was founded in 1964 in Hamilton, Ont. and offered only two products at the time, coffee and doughnuts. Two of the most popular doughnuts today are still the Apple Fritter and the Dutchie.

Shockingly, in 1964 the cost of a coffee was only 10 cents.

That is quite a difference compared to today's coffee



Courtney Nixon
Opinion

prices. With the price increase, a medium coffee went from \$1.33 to \$1.40, a large coffee was \$1.52 but is now \$1.60 and a extra-large coffee was \$1.72 but now costs \$1.80.

Twenty-four hours a day, seven days a week, Tim Hortons are busy, flooded with customers lined up out the door.

Twenty-four hours a day, seven days a week, Tim Hortons are busy, flooded with customers lined up out the door or on the road at the drive-thrus.

Prior to the price increase,

many customers said they would never go back to Tim Hortons, because they felt they were constantly having to shell out more and more money.

However, within a week, all the naysayers surrendered and purchased an over-priced cup of coffee once again.

Over the years, Tim Hortons has grown drastically by adding many other products, including Timbits, cookies, muffins, croissants, soup, chili, bagels, flavoured cappuccino, café mocha, iced cappuccino, sandwiches, yogurt and berries, cinnamon rolls, hot smoothies, wraps, breakfast sandwiches, iced coffee and the most recent product, the fruit smoothie.

Ironically I am not a coffee drinker. I never liked the taste or smell of it, however, I do drink the occasional hot chocolate, which is the same price as coffee ... for now.

Like every other Tim Hortons' customer out there, I am not impressed with the prices increasing but I will eventually get over it. And I am positive that most customers will follow suit.

SPOKE

IS PUBLISHED AND PRODUCED WEEKLY BY THE JOURNALISM STUDENTS OF CONESTOGA COLLEGE

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THIS BIRD DOESN'T GET GOOSEBUMPS

Now that the snow has melted and the weather is a little more predictable, animals of all kinds are waking from hibernation or returning from down south. This week's weather forecast is going to be sunny with a few showers.



PHOTO BY JESSICA-LYNN TABAK

bloom holds its last dinner

Conestoga's hospitality, culinary and hotel and restaurant management students are holding their final bloom dinner of this semester, on April 19 and 20.

Their French menu consists of four-courses, including a Lyon-style French onion soup with Emmental cheese gratin, and a choice of an appetizer, either salade Lyonnaise (which has warm bacon dressing, croutons and a quail egg), pan-fried frog legs or escargots.

The entrée choices are braised chicken in fine herb cream sauce, beef flank steak in red wine pepper sauce or a steamed citrus cod.

The dessert choices are an assorted French cheese plate, with fresh and dry fruits, a chocolate hazelnut cake with gelato and caramelized hazelnuts or a trio of sorbet.

The cost is \$30, and special French wine pairings are available upon request. Dinner will be served between 5:45 to 6:15 p.m.

Bloom is located at Conestoga College's Waterloo campus. To book a reservation call 519-885-0501 or email bloom@conestogac.on.ca

LAN party

lasts 12 hours

By KATHRYN SCHNARR

Video game enthusiasts were thrilled to get their game face on at a LAN party at the college on April 9.

"I love LAN parties," said Jay Glinny, a second-year information technology support services student. "They're a bunch of guys, getting together, hanging out and playing video games."

The Conestoga students, and any others who were interested, were told to BYOC (bring your own computer) to the blue room. The games began at 10 a.m. and lasted until 10 p.m.

At a LAN party participants establish a local area network (LAN) and compete in multi-player games.

"Games usually played at these parties include Call of Duty and Counter-Strike," said Glinny. "There are usually snacks and drinks there too."

According to the Guinness Book of World Records, the most-recognized LAN party in the world is hosted in Sweden. DreamHack takes place twice a year, and broke the record for the largest LAN party last year. Over 12,000 computers and 13,000 visitors were present at DreamHack Winter 2010.

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Belly dancing for fitness and fun

Conestoga course begins April 21

By VICTORIA SPRACKLIN-IZZIO

If you're looking for a new and fun workout, Jennifer Smith has some moves for you.

A belly dancer since the late '90s, she's travelled far and wide to learn the art and has been teaching for many years.

Now she's teaching belly dancing for all, a new leisure course at Conestoga that covers the basics of belly dance.

The class is open to those who are, and are not, familiar with the dance.

"If somebody has tried belly dance, or is a returning student, I'll do a move, where we all move in the same direction, but for those who want to be more challenged, I'll give them another step," said Smith.

The course will cover a variety of dances, including sessions that involve drum solos and finger cymbals.

Not only is it fun, but it has a variety of health benefits as well.

"One tall student of mine was at the bank, and someone came up to her and said 'You have the most beautiful posture,' and she replied, 'That's



PHOTO SUBMITTED

Jennifer Smith performs a belly dance routine, similar to the dances she will teach in her upcoming course. The belly dancing for all course is part of the continuing education program and begins on April 21 at the Doon campus of Conestoga College.

(thanks to) my belly dancing," said Smith proudly.

She also admitted that some see an improvement in core muscles. Yet the most important benefit isn't always physical.

"Dance is one of the very best items for any young person, adult or whomever, to gain self-confidence. It's more

than dance, it's a positive attitude," said Smith.

For those who may be interested, but still wary, there's one important factor to note. You don't have to show your belly to belly dance.

"I wear more on stage than somebody's girlfriend on a beach," said Smith with a laugh.

"When you say belly dance, most people picture the cabaret-style dance with the cleavage and midriff exposed. But even with that, they're wearing a one piece that shows a little skin through power netting. You don't always have people showing their navels."

All one needs to bring is comfortable workout clothing and a scarf big enough to wrap around your hips.

"It doesn't have to have cymbals on it or anything, just something to help them see their hips go up and down," said Smith.

The course costs \$135 and runs from April 21 to June 9.

You can sign up before April 21 on the Conestoga College website under Continuing Education.

For more information go to www.jannahdancer.info.

CJFL players wanted

Recruitment is now underway for the Twin Cities Predators Canadian Junior Football League (CJFL) team.

Tryouts for the newest team in the Ontario Football Conference (OFC), a division of the CJFL, will be held in late May at University Stadium (Knight-Newbrough Field), and are open to players ages 17-22. Call-backs will take place in mid-July, with the season opening game scheduled for Aug. 27.

"There are some tremendously talented players out there who, for various reasons, haven't gone on to university and have not had an opportunity to keep playing a sport that they love," said Jim Macarthur, president of Twin Cities Minor Tackle Football Association. "We can change that - we can give them that opportunity."

The association hopes to see about 100 prospective players through the tryout period, with a final player roster of about 50. Macarthur expects strong interest among students from Conestoga, and

recently spent two days on campus to promote the upcoming Predators tryouts.

They want students to come back for a couple of days in May to show them what they've got.


"This team provides a great opportunity for Conestoga students to get back to the gridiron and play at a national level."

There is no geographic boundary set by the OFC, so interested players may come from anywhere outside the "twin cities." Recruitment efforts will also focus on senior high school students headed for college or the workforce.

Home games will be played at Knight-Newbrough Field in Waterloo. Regular season away games in 2011 will take the team to Brampton, Hamilton, Windsor and Ottawa.

"Playoffs could take the team anywhere in Canada where CJFL is played," Macarthur said.

For more information, contact Macarthur at 519-590-5627.




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Anti-bullying needs more support

'It's sad when parents have to move to get away from bullies for their child's sake'

By **MARCUS MATTHEW**

When Kevin and Mike Wasiewicz moved to Ontario in July 2009 from beautiful British Columbia, they were ready to start a new chapter in their life.

However, the two brothers faced something that they never had an issue with back home; bullying.

"The boys thought it was great because there was a bike park close to our house and the school park was just around the corner," said their mother, Laurell. "Now, the only thing that they had to do was make some friends."

But like most kids moving from one place to another, they had trouble with this. When Kevin, 11 and Mike, who will be nine in May, went outside to play near their Kitchener home, other kids would push them off their bikes and pick on them.

This was their first real first taste of bullying and school hadn't even started yet. This had the two feeling down in the dumps and wanting to go back to B.C. And when school started, getting picked on and fighting was a daily occurrence.

them when they told stories of what they did back home, so their mom put forth the time and effort to create a picture book for proof.

Bullying happens everyday, and there have been many groups and anti-bullying campaigns created to help stop the violence. Founded in 2006, BullyingCanada was the first anti-bullying website in the country.

"My personal views of bullying is that it's a vicious form of abuse that ruins countless of lives every day," said Katie Neu, co-founder of BullyingCanada. "It is also commonly misperceived that people who bully others are bad people; this is not the case at all. There are so many reasons that a person bullies that we can't pinpoint a generic reason that a person chooses to bully. Regardless, bullying is an issue that needs to be put to an end; before another life is lost."

However, anti-bullying campaigns can only do so much to raise awareness. Parents and schools are urged to take more control to stop bullying.

Kevin and Mike's school didn't do much to help the two and when Laurell would try and resolve things by going to talk with the bullies' parents, it got her nowhere. She said that just the other day Kevin was getting punched by two older kids that wanted to ride his new bike that he had gotten for his birthday.

"When I went over to confront the parent, as soon as she opened the door, I could see that the conversation was going to go nowhere. The kids were swearing in front of her and disrespecting me and two other adults and the mother didn't say a thing. My blood was boiling so much, I had to leave," said Laurell.

If getting bullied wasn't enough, Kevin has been dealing with four disorders which include attention deficit hyperactivity disorder and attention deficit disorder. Laurell had to figure out how she could get Kevin the best education at school so she used the aid of Parents for Children's Mental Health; it was here where she received a very helpful resource binder.

When she went to the school, they admitted they had no idea how to teach a



PHOTO BY MARCUS MATTHEW

Kevin Wasiewicz, left, puts his arm around his stepdad Clint. Joining them are Laurell and Mike. When the boys made the move from British Columbia to Ontario, they faced bullying on a daily basis; something they didn't have a problem with back home.

kid like Kevin.

Dr. Lynda Thompson, executive director at The ADD Centre in Mississauga, said it is a daily struggle for those dealing with ADD and ADHD.

"It depends very much on the demands of the day and whether they exceed the person's coping capacity with respect to paying attention, inhibiting impulsive behaviour and being restless," said Thompson. "One day the hardest thing may be staying awake during a boring lecture and another time it may be blurting things out and offending a friend."

This year, the boys have had a lot less bullying, but it's still a nuisance and may even force the family to move again. Laurell has even contemplated pulling her kids out of school.

"This year is way better. The unfortunate part of it is the bullying only stopped because the children that were bullying are now in different schools. When those kids come to pick up their

siblings or their friends, they are still on my kids," Laurell said. "I had a teacher tell me that she witnessed the bullies harassing my kids and she had to talk to them. It's sad when parents have to move to get away from bullies for their child's sake. We are planning on moving another time soon, away from the kids; I've had enough."

Kevin and Mike are not the only one's suffering from bullying. According to Statistics Canada 10 to 15 per cent of students aged 11 to 15 admitted being involved in weekly physical and verbal bullying.

According to The Centre for Addiction and Mental Health, among all students in grades 9 to 12, 30.9 per cent report being bullied at school since September. This represents about 311,000 students in Ontario.

A few weeks ago, a video of a 12-year-old bullying a 16-year-old in Australia went viral and has received over two million views. After

Richard, 12, punched Casey several times, the much bigger kid picked him up and did a Quinton "Rampage" Jackson slam on the cement. An Australian news station interviewed Richard who said he was bullied too and took his frustration out on Casey by calling him fatty and ginger. In a separate interview, Casey said he just snapped. He also gave advice to those who are getting bullied – "keep your chin up."

Neu said that as a teenager she was bullied relentlessly and it inspired her to start the anti-bullying campaign to help those who suffer from it.

"Today we are working with countless youth to make sure they don't go through what we did. Hundreds of people from all over the world visit BullyingCanada every day," said Neu.

If you are getting bullied, you need to talk with a teacher, principal or parent. There are many resources out there to help.

Today we are working with countless youth to make sure they don't go through what we did.

— Katie Neu, co-founder of BullyingCanada

"The biggest issue I had is that when the kids got into fights, my child would be in detention or suspended but the other kids were not. My kids were asked to come to school late and leave school late so there was no bullying; to protect them. Why do my kids have to change their schedule and make them look like the odd one out when it's not them that even started it?" Laurell said.

Both boys were already considered odd, not because anything was wrong with them, but Ontario and B.C. kids live a completely different lifestyle.

Back home they were used to outdoor activities; fishing, hunting and riding their quads is something most kids in Waterloo Region aren't accustomed to.

Other kids didn't believe

A bitter chote has a *sweet* reward

By AMANDA BAINES

Every bride wants the perfect cake for her perfect day, but finding her dream dessert can be anything but a treat. What flavour is the best one? What about style, frosting and colours? All the choices and decisions are enough to turn anyone's sweet dreams sour.

Cambridge bride-to-be Kate Trumble said her search is far from sugary.

"It's so hard to know exactly what to choose," she said. "Finding something that shows both of your personalities is a very daunting task."

Luckily, the brides are not alone. Wedding cake designers are a familiar sight in the tri-cities, and stores such as The Cake Box and Jirina's Bakery are there to help

make those cake fears melt away.

Family owned and run, Jirina's Bakery sits prominently at the Margaret and Victoria intersection in Kitchener. Jirina Kepka and her son, Milan, make and decorate all the cakes themselves.

"It's just us," said Jirina. "We could go bigger, but we want it to remain as a family business."

Jirina said that cake styles have changed in the 21 years they have been in business.

"Pillars are just not requested anymore," she said. "The design now is the cascading tiers."

Although Jirina and Milan can do very intricate designs, there isn't a lot of demand for them.

"We could do a \$10,000 cake, but no one wants that

here," she said. "That's for all these wedding shows to make."

Jirina's Bakery is a small store, but the welcoming aroma of baking cakes is enough to give cake-weary couples new hope. After a few steps into the store, stunning cakes appear around the corner. White fondant and delicate red flowers adorn cascading tiered cakes and intricate scrollwork adds unique colour and design to the more standard tier designs.

"The cakes aren't too expensive there," said Trumble.

"For a 150-guest wedding, it's only about \$500. That surprised me, with all the detail they put into every cake."

Jirina and Milan do, on average, three cakes a week, but should the season require it, can do as many as 10.

"Our busy season starts in April or May, and doesn't end until October," said Jirina.

Flavour options at Jirina's Bakery include standard chocolate and vanilla, but they also have lemon, carrot, banana and orange, with fillings that range from raspberry and pineapple to black forest and almond.

"We can do any style or colour you want," said Jirina. "You imagine it and bring us a picture, we will do it."

JIRINA'S CAKE CHOICES

CAKE FLAVOURS

- Vanilla
- Chocolate
- Marble
- Lemon
- Orange
- Carrot
- Banana
- Poppy Seed

FRUIT FILLINGS

- Vanilla
- Black Forest
- Strawberry Shortcake
- Raspberry
- Peach
- Pineapple
- Tutti Frutti

BUTTERCREAM FILLINGS

- Vanilla
- Chocolate
- Mocha
- Hazelnut
- Lemon
- Strawberry
- Raspberry
- Almond
- Caramel
- Maple
- Whipped Cream

The once popular pillared cake design is no longer in fashion.



The most popular wedding cake design is currently the cascading tiers.

Rachel Mikitka adds delicate patterns to a wedding cake at The Cake Box.



Photos by Amanda Baines



Wedding cakes line the walls of Jirina's Bakery, offering ideas for couples searching for the perfect dessert for their perfect day.



Who are the local candidates?

With a federal election being held on May 2, Conestoga students can have an impact on the future of Canada

By PAUL IRVINE

As the May 2 election draws near, many students will be voting for the first time.

In order that their vote will not be random and uninformed, Spoke would like to give you a short guide to the major parties, and the candidates in the Kitchener-Conestoga riding.

Conservative Party of Canada:

Candidate: Harold Albrecht

Quotes from the candidate:

"We want to keep our tax structure low for small- and medium-sized businesses. Students biggest concern will be to find a productive job when they graduate."

"We are proposing doubling the in-study income exemption. Students shouldn't be penalized because they want to work hard."

Candidate and Party Platform:

Harold Albrecht earned his doctorate of dental surgery in 1973 and ran a successful dental practice in Waterloo Region for 27 years. He is a lifelong resident of the Kitchener-Conestoga riding. He is also the founding pastor of the Pathway Community Church in south Kitchener, and served there for six years.

He was first elected to the House of Commons in 2006, and in November 2008 he was appointed deputy party whip by Stephen Harper.

The Conservative Party believes in generally centre-right principles, including cutting taxes and shrinking government. They are generally considered to have strong fiscal-management capabilities.

Unfortunately, the Conservatives also ended the last parliamentary session mired by scandals, and fell on a non-confidence motion put forward by the other three parties in relation to those scandals, including a contempt of parliament charge.

The Conservative Party of Canada was born from a merger between the Progressive Conservative Party and the Canadian Alliance, of which Stephen Harper was in charge, in 2003.

You can visit Albrecht's website at www.haroldalbrechtmp.ca

Liberal Party of Canada:

Candidate: Bob Rosehart

Quotes from the candidate:

"I've spent my life with young people. College education has to be affordable in all ways. There has to be broader support for education, and effort to

create not just summer jobs and co-op jobs, but permanent full-time positions."

"I like the fact that the Liberals are focusing on getting students jobs in the platform."

"If people vote when they're young, they'll continue to vote. If they don't vote when they are young they won't vote."

"This election should be about electing a government that creates an environment of hope and opportunity. There's too much focus on the dark side. I want to see a government that is much more positive."

Candidate and Party Platform:

Bob Rosehart's website says that he is committed to the well-being of all citizens, ensuring employment, health care, pensions and financial stability. He is also committed to education, the environment and restoring civility to parliament.

"

If people vote when they're young, they'll continue to vote.

— Bob Rosehart

"

Bob Rosehart has a PhD in chemical engineering from the University of Waterloo, and was president of Lakehead University in Thunder Bay starting in 1984, and president of Laurier University in 1997.

The Liberal Party, traditionally, is a consensus party. They work to hold the centre position in the political spectrum, which is both their greatest strength and their greatest weakness.

Generally, the Liberals are considered to be centre left. They have had a surprisingly strong start to the election, but remain behind the Conservatives in the polls.

The Liberals, like the Conservatives, are considered to be an ultimately economy-focused party, with a reputation for good fiscal management. Jean Chretien, with Paul Martin as finance minister, successfully balanced the Canadian budget for a number of years.

The downside to the party, other than there not being a

strong ideological basis behind it, is that its leader, Michael Ignatieff, has been accused of being not-really-Canadian, and a somewhat cold academic. He was a professor at Harvard University before returning shortly before taking leadership of the Liberal party.

The Conservatives have also successfully pushed the idea on Canadians that if Ignatieff loses, but the Conservatives don't get a majority of the seats, Ignatieff will immediately form a coalition government with Jack Layton of the NDP and Gilles Duceppe of the Bloc Quebecois.

You can visit Rosehart's website at voterosehart.ca

New Democratic Party (NDP):

Candidate: Lorne Bruce

Quotes from the Candidate: "The Harper government has disrespected Canadians and our institutions. They have exhibited an attitude towards working with other parties that is reprehensible."

"Let's work towards building a consensus, and move forward. This is an important part of living in a democracy."

Candidate and Party Platform:

Lorne Bruce, 47, has been employed at Zehrs Market for 25 years. He is the executive board vice-president of the United Food and Commercial Workers union, Local 1977. He sits as director on the board of directors for the Waterloo Regional Labour Program and sits on the executive board for Waterloo Regional Labour Council.

"

Let's work towards building a consensus, and move forward.

— Lorne Bruce

"

The NDP has a strong history of working for social causes, fighting for civil rights and equality. They are often called the conscience of Parliament, and often work well in minority government situations where they can play king maker.

They have never held power on their own, however.

Strong democratic socialist roots and labour connections keep the NDP in power in certain ridings scattered all over Canada, including northern Ontario.

Detractors of the party claim that they are not sound fiscal managers, and that their dedication to social issues would cause them to spend Canada into bankruptcy. This forces the NDP to defend its positions and its management style every election.

Jack Layton, the head of the federal NDP, is a survivor of prostate cancer, and broke his hip shortly before the election call, causing questions about his health.

You can visit Bruce's website at www.lornebruce.ca

The Green Party:

Candidate: Albert Ashley

Quotes from the candidate: "We have a vision for a smart economy that reduces the deficit, creates new jobs that won't be gone tomorrow, and that don't rely on generating pollution to generate energy."

"We want to make well educated, well motivated citizens who live in healthy communities."

Candidate and Party Platform:

Albert Ashley is a financial services adviser at Waterloo Mennonite Credit Union and an active member of the community.

The Green Party, which has grown in recent years out of being a single-issue party and now represents the views of nearly a million Canadians, has a cohesive plan for the economy and the environment that they believe is necessary to head off future economic and ecological disaster.

This election, they have been dogged with questions regarding their legitimacy as a party. Their leader, Elizabeth May, was excluded from the leadership debates, despite being allowed to participate in earlier ones. The reason cited is that they have not won a seat in parliament yet.

Socially, they are liberal, and fiscally, they fall toward the centre, with an economic plan that seeks to think beyond the next election cycle.

You can visit Ashley's website at greenparty.ca/riding/35038



PHOTO BY PAUL IRVINE

A man walks past a sign for Karen Redman, the Liberal candidate for the Kitchener-Centre riding. She is running against incumbent Stephen Woodworth for the Conservatives, Peter Thurley for the NDP, and Byron Williston for the Green Party.

Pizza Pizza offering free slices

By LISA OLSEN

Pizza Pizza wants to make a trade: your cellphone for a free slice of pizza.

The program, called Cells for Slices, is in honour of Earth Month. Although Conestoga's Pizza Pizza is not taking part, other locations are giving away a free slice of pizza if you hand in your old cellphone or handheld gadget. You also get the

knowledge that your phone is being disposed of properly and for a good cause.

Each recycled or refurbished device raises between \$2 to \$5 for Food Banks Canada, a charity representing food banks nationwide.

The pizza program has been running for the past seven years, diverting more than 5,100 cellphones from landfills.

The offer expires on April 29.

SIGN OF THE TIMES

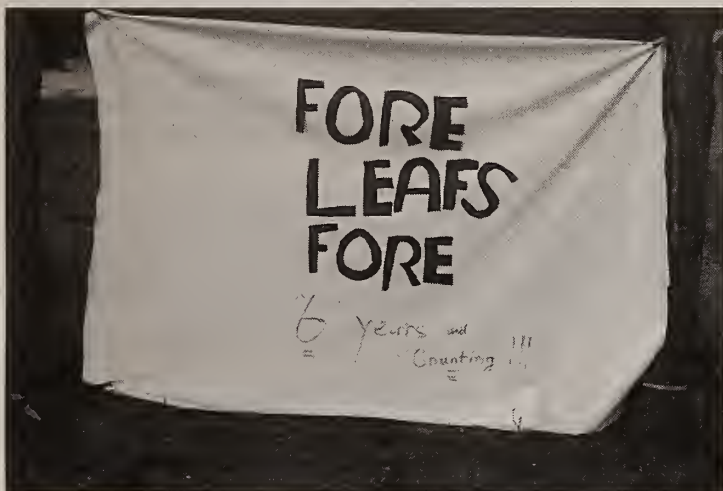


PHOTO BY COURTNEY NIXON

There were some long faces after the Leafs' playoff hopes were crushed. Some residents took it harder than others, as shown by this sign.

Shoot for the stars

By LISA OLSEN

Telescopes, cameras and computers: it's a free star party and astronomy night.

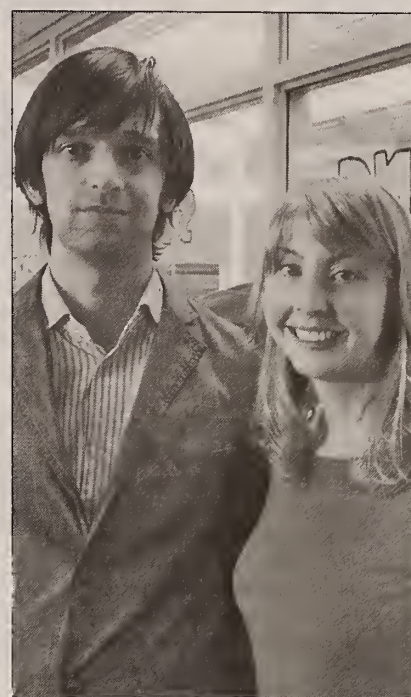
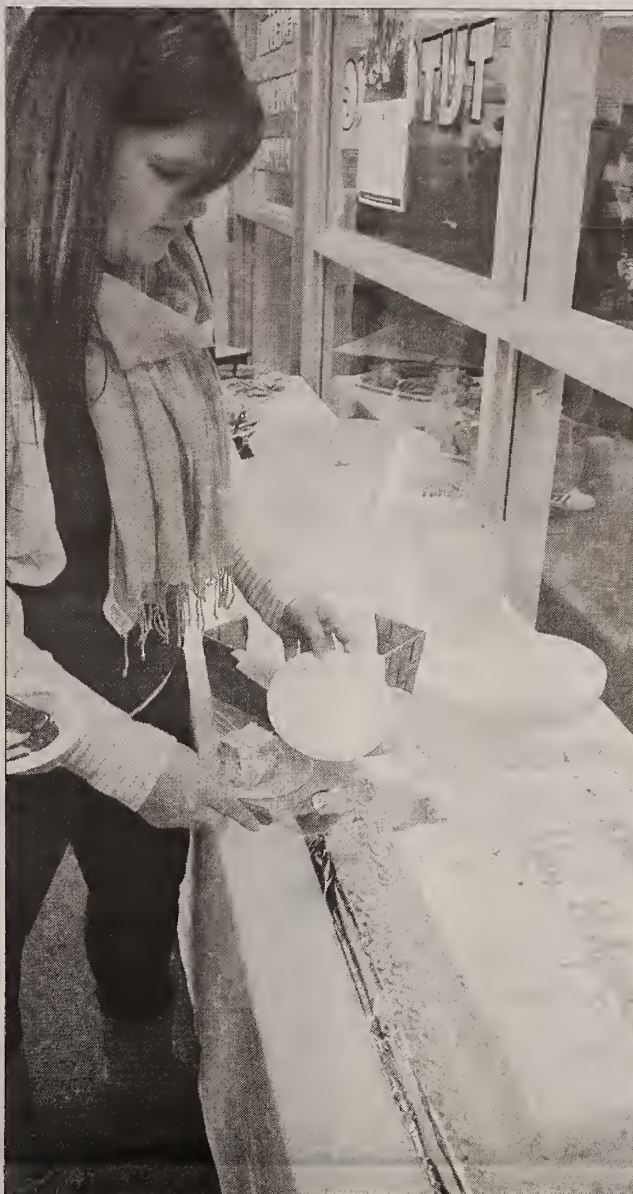
The public event takes place on May 7 and is hosted by the Kitchener-Waterloo branch of the Royal Astronomical Society of Canada. The gazing celebrates

Astronomy Day and begins at dusk. With members present to assist the public, the event will continue until 11 p.m. and takes place at the picnic area of Waterloo Park (Westmount road entrance).

The event will be cancelled due to rain or an entirely overcast sky.

For more information, visit www.kw.rasc.ca.

PEER TUTORS REWARDED WITH TASTY LUNCH



PHOTOS BY LAURA BENNETT

A peer appreciation lunch was held on April 5 to thank all the peer tutors and many volunteers who help within the Learning Commons.

Above are organizers Kimm Khagram, left, and Amy Gilners. Khagram is the tutor co-ordinator and Gilners is the peer tutor officer. She also organizes all the peer conversation partners who volunteer to help international students with their English. Sara Hartrick, left, a second-year business administration management student, takes a piece of cake. Hartrick was a peer tutor during the 2011 semester.

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HOROSCOPE

Week of April 18, 2011



Aries

March 21 -
April 19

Your summer will be filled with pain and anguish when you get a massive third-degree sunburn.



Libra

September 23 -
October 22

Your entire summer will be a mess of bad music on the radio, and working at your meaningless part-time job.



Taurus

April 20 - May 20

You should probably just take a nap through the entire length of the summer. Hibernate, if you will.



Scorpio

October 23 -
November 21

Scorpio, your summer is actually going to be fairly good, if uneventful. Take up playing canasta.



Gemini

May 21 - June 21

There is a lot of television and bad daytime soap operas to be watched. You should get on that.



Sagittarius

November 22 -
December 21

You will be kidnapped in France, necessitating your rescue by Liam Neeson. He has a very particular set of skills.



Cancer

June 22 - July 22

I can promise you this; by the end of the summer, you will wish you were back in school.



Capricorn

December 22 -
January 19

Your phone will be ringing non-stop over the summer months, but it's not because you're popular. Your phone line is broken.



Leo

July 23 - August
22

In the middle of June, you will break an ankle playing volleyball, thereby cutting short your promising marathon running career.



Aquarius

January 20 -
February 18

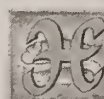
A trip to the cottage with your family will result in a week-long battle with various species of alligator.



Virgo

August 23 -
September 22

You will read 200 books this summer, and for some reason your friends will not be all that impressed. Get new friends.



Pisces

February 19 -
March 20

You will get sick during a summer heat wave and be hospitalized. While there, you will learn the value of a good package of frozen peas.



Paul Irvine carefully examines the stars and then tells you to have a great summer!

The eagles have landed

American icons seen along banks of Grand River

By SARA BUSSE

American icons with wingspans of over two metres have been spotted around the Grand River in Cambridge and some could be making a home in Hamilton.

A pair of bald eagles was seen nesting in a white pine in Cootes Paradise in Hamilton, according to an article in the Toronto Star on March 22. If the birds have eaglets they could be the first bald eagles born on Lake Ontario's north shore in 50 years.

Bald eagles have been nesting in Ontario since the Ice Age, but they declined greatly during the DDT pesticide era that ended in the '60s.

"They were virtually removed from the southern part of the province," said Mark Cranford, a member of

Ontario Field Ornithologists and co-ordinator for Ontbirds.ca, a website designed for people interested in bird sightings.

According to National Geographic, bald eagles are believed to mate for life and tend to a pair of eggs each year. Their enormous nests are constructed of sticks high above the ground. Eagles can live up to 28 years. Their bodies can reach up to 109 centimetres. The largest bald eagle nest on record was three metres wide and six metres high. It weighed more than two tons.

The best place in southern Ontario to spot eagles is along the coast of Lake Erie. Eagles need large open water for fishing and forested areas for nests. Cranford said that in winter eagles will congregate at the coal

electric plant at Nanticoke, Hamilton Harbour and the Grand River near Cambridge.

"It's not an everyday thing to see eagles around Kitchener but it does happen on a regular basis in winter and during migration, spring and fall," said Cranford.


The golden eagle is another species of eagle that can be found in Ontario but is relatively rare.

In the Toronto Star article, Tys Theijsmeijer, head of natural lands for Burlington's Royal Botanical Gardens, said there are now about 32 nests along the lower Great Lakes, including areas north of Toronto and near Peterborough.

"It's been a slow but steady climb back," he said. "We're finally getting the big bird back to the big lake."



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Add some Nia to your life

By ERIN FARRAR

"Take it away!" calls Nia instructor Judith Thompson from the front of her studio. Everyone in the class starts to dance to the quick, catchy beat, their feet bare.

There are no instructions, so the class flows along to the music effortlessly. This type of freestyle dance in the middle of a routine is unique to the Nia technique and something that many avid Nia followers love about it. Nia is a body, mind, spirit and fitness program that focuses on personal growth.

Nia presents an entirely new philosophy of exercise: whole-body, expressive movement, rather than repetitive jogging or lifting. Nia's bare-

foot, grounded approach maximizes body efficiency and empowers you to move with awareness, but in a gentler way. The instructor offers choices so the movements can be adapted to suit all fitness levels.

Nia supports the pleasure principle; if it feels good keep doing it, if it hurts, stop.

The great thing about Nia is that anyone can do it. From athletes to dancers to people just getting back into a fitness routine, the movements can be adapted in many ways to suit everyone's personal needs.

"Nia differs from other exercise as it addresses the whole body; it is holistic in its approach moving the body, engaging the mind, touching

the emotions and awakening the spirit," said Thompson.

The Nia technique is an internationally recognized fitness program accredited by the American Council on Exercise. It draws its movements from nine classic movement forms: three from each of the dance arts (jazz dance, modern dance, Duncan dance); the martial arts (tai chi, tae kwon do, aikido) and the healing arts teachings of Moshe Feldenkrais, Alexander Technique and yoga.

"This invigorating workout allows for plenty of uninhibited expression for those so inclined and leaves you feeling ready to spread your wings and soar," said People magazine.

Thompson has been teaching Nia since 1997. She has a studio built into her home in Balinafad, Ont. (outside of Acton) where many loyal students and newcomers come to enjoy the Nia technique.

"I was on a teaching sabbatical and looking for a dance class to take to re-kindle both creative juices and my passion for dance," said Thompson. "I was standing in a dance studio ready to sign up for a ballet class, when a flyer on the wall caught my eye. It was announcing a new Nia class; the joy of movement was the phrase that reached out to me and I signed up. After the first class I was hooked."

Thompson took the Nia training initially with no

intention to teach. After a while she felt compelled to do it. She had experienced the benefits of Nia not only when she was in good health but when her health was seriously compromised and at some point she felt the need to share it with others.

"I continue to be nourished spiritually, strengthened physically, challenged and supported mentally and emotionally through my Nia teaching and practice," said Thompson. "Through Nia I have come to love my body as I am, I have found my voice and feel empowered to use it. With each class I experience such an overwhelming sense of joy that supports and embraces my feeling of dancing through life."



PHOTO BY ERIN FARRAR

Nia lovers experience the music and dance to their own rhythm while enjoying the breezy atmosphere in an outside gazebo fitness studio in Balinafad, Ont.



INTERNET PHOTO

Nia co-creator and founder Carlos AyaRosas leads a class in a fast-paced routine, getting the group to work up a sweat.

THE BENEFITS OF NIA

From The Nia Technique written by the creators of Nia.

1. It increases the pleasure of living in your body.
2. It creates weight loss and proper weight maintenance.
3. It strengthens muscles, improves muscle tone and increases muscle definition.
4. It calms the mind and relieves stress.
5. It improves endurance.
6. It increases grace and flexibility.
7. It balances the autonomic nervous system.
8. It improves posture and can even increase height.
9. It improves organ function particularly that of the heart and lungs.
10. It enhances sensory awareness.
11. It heightens sexual function.
12. It builds reservoirs of chi.
13. It alleviates emotional problems, including depression, anxiety, post-traumatic stress disorders, obsessive-compulsive disorders and anger-management problems.
14. It improves circulation of blood and improves lymphatic drainage.
15. It strengthens immunity.
16. It improves concentration and cognitive function.



This is one more test you want to pass

By VICTORIA SPRACKLIN-IZZIO

Good sexual health, along with good general health, is very important but it can sometimes be overlooked.

However, it's one of the easiest things to maintain thanks to condoms.

Despite this, the lack of proper contraception is shocking, and is contributing to a massive increase in the transmission of chlamydia.

"Last year in 2010, we had 1,217 cases of chlamydia in Waterloo Region, (Waterloo, Kitchener, Cambridge and surrounding townships) and 552 of those cases were in females 15-24 years of age," said Marg McGee, a public health nurse at the sexual health clinic at the Region of Waterloo Public Health. "That was up from the total in 2009. There was a total of 1,019 cases, and of those, 485 are females 15-24." If left untreated more serious problems can arise, including getting pelvic inflammatory disease, which can lead to complications in female fertility.

However, STDs such as chlamydia, gonorrhea and

syphilis are treatable.

"Even though it's easily diagnosed and treated, you should avoid getting it," said McGee.

"Just because we can take care of it easily doesn't mean it's not a big deal."

The best way to make sure your sexual health is not at risk is to get tested regularly, especially if you have had previous partners. You can get these tests just about anywhere, including at your family doctor's office, health services, walk-in clinics or at the sexual health clinic.

The standard STD screening is a simple urine test, though in some cases (for men and women) a swab may be used.

Public Health also provides a rapid HIV test, which is just a blood sample from a finger prick with results in just a few minutes.

If you are given a clean bill of health, it's good to keep maintaining it.

"One of the ways to protect your sexual health is to limit the number of partners you have.

"The more you have, the greater chance you're going to



PHOTO BY VICTORIA SPRACKLIN-IZZIO

Region of Waterloo Public Health is home to the sexual health clinic, located on the second floor. The clinic offers free condoms and STD screening.

get something. It's OK to be picky," said McGee.

Again, condoms are one of the easiest and most accessi-

ble ways.

The sexual health clinic located at 99 Regina St. S. even offers them for free in

discreet brown bags so you can drop by, pick one up and go. It's not a bad idea to go out prepared, especially when partying or going out on a date.

"The other thing to keep in mind is the role that alcohol and drug use can play in ability to practise safer sex, and use judgment that you're going to make the right choices. We do see a lot of young adults who say they are normally good at condom use, but they got drunk, no condoms, boom," said McGee.

Protecting one another is vital in this situation, but so is another factor.

"It's not just sex, STDs and birth control, it's the whole issue of relationships and treating each other with love and respect," said McGee.

The sexual health clinic not only offers testing and contraception, but counselling as well.

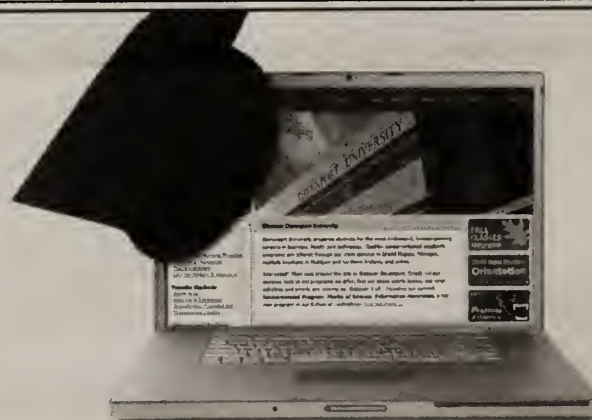
The sexual health clinic at the Public Health centre in Waterloo is located at 99 Regina St. S. and in Cambridge at 150 Main St.

For more information go to www.region.waterloo.on.ca/p h and click on the Clinics tab.

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Conestoga's athletes honoured at banquet

By **ASHLEY IDLE**

Varsity players traded in their sneakers for slacks and skirts at the 43rd annual athletic banquet.

Master of ceremonies Paul Osborne started off the evening talking about the opportunities that varsity sports provides to the students at Conestoga College. "You get a first-class education while still playing a sport you are passionate about."

Conestoga College president John Tibbits also addressed the audience, talking about how varsity athletics teaches skills such as perseverance, humility and learning how to win. He offered a heartfelt thank you and congratulations to all the athletes in attendance.

The night included two inductions into the Conestoga College Athletics and Recreation Hall of Fame – Builder category. This means that they were a coach, faculty member, staff member, official, administrator or member of the college community who contributed greatly to the development of Conestoga College athletics or the success of Conestoga athletics.

Duane Shadd was the first inductee. He has been working at Conestoga since 1978, holding various positions such as athletic technician, where he started his career, to a professor in the school of liberal studies. Shadd has been coaching varsity athletics since 1979.

The second inductee was

Geoff Johnstone. He started at the school in 1970 as a professor and is now the coordinator of liberal studies degree electives. He started the men's soccer team in 1971 and women's in 1989. He has since helped these teams claim six OCAA gold medals.

The night also included the announcement of male and female athletes of the year. Kerri Lantz of both the indoor and outdoor soccer teams won the women's athlete of the year award and Jason Smith of the cross-country team won the men's. Smith also won gold at the OCAA championships this year.

Smith, a third-year construction engineering technology – architecture student, was grateful for the honour and wanted to thank his wife Lucrecia, Bob Evans, Ken Yandean, Geoff Linton and Dave Sharratt. "I want to thank Conestoga College for giving me the platform to show off my talents," he said.

Lantz, studying public relations and a recipient of a diploma in the business administration – marketing program, was surprised and happy at her win. "Five years kind of paid off. I love this team. I put a lot of time and effort into it and I'm glad it finally paid off."

The athletic scholarship, made possible by the Alumni Association, was presented based on coach's choice; the student had to be an important contributor to the team, show leadership and commitment. They also had to show

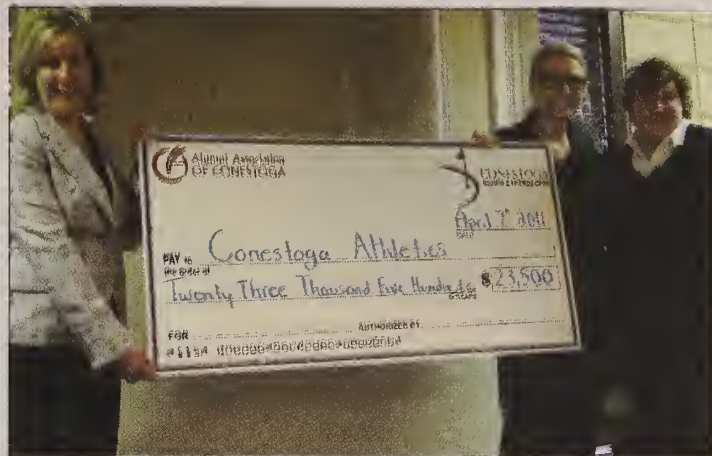
promise in the classroom. Jan Bockmaster and Wendy Rose of Alumni Services presented a \$23,500 cheque to the Athletic Association, then assisted in giving out the awards. Fifteen students were honoured.

The individual awards were then given to students on all 10 varsity teams. Each team had one coach's award and one most valuable player award handed out.

The coach's award recipients were Julia Struyf (volleyball), Jeff Schaeffer (volleyball), Cynthia Matheson (badminton), Brendan Hancock and Kristina Hutchinson (cross-country), Michelle Kurt (fastball), Rob Bourcier (rugby), Nathan Greene (outdoor soccer), Jordan Taylor (indoor soccer) and Kerri Lantz (indoor and outdoor soccer).

Most valuable player awards went to Matt Dicks and Tim Stubbs (volleyball), Amy Govan (volleyball), Edward Kong (badminton), Jason Smith and Candice Pusey (cross-country), Brandy Hillar (fastball), Kyle O'Neill (rugby), Jordan Taylor (outdoor soccer), Nathan Greene (indoor soccer), Irene Sonnenburg (outdoor soccer) and Heather Buckie (indoor soccer).

Thirty-nine students were also awarded with the Ontario Colleges Athletic Association all-academic awards, meaning that they had achieved a grade point average of 3.5 or higher while still taking part in varsity athletics.



PHOTOS BY ASHLEY IDLE

Janice Bockmaster, from left, and Wendy Rose of Alumni Services, present a cheque from the Alumni Association for \$23,500 to Marlene Ford, athletics co-ordinator.



Recipients of the athletic scholarships presented at this year's banquet benefited from the Alumni Association donation.



President John Tibbits, left, and Marlene Ford pose with coaches Geoff Johnstone and Duane Shadd after Johnstone's and Shadd's induction into the Conestoga College Athletics and Recreation Hall of Fame - Builder Category.



Each varsity team had a coach's award winner and most valuable player.



A number of student athletes were recipients of the OCAA all-academic award. Winners had to have a GPA of 3.5 or higher to qualify for the award.

fashionable issues

Students create designs that evoke emotion

By **AMANDA BAINES**

What is so small it can pass by completely undetected, but can also take hold of you and won't let you go? It's an idea. The second-year visual merchandising students were presented with an idea that captivated them for a year.

The idea in question was a term project; the result of the idea permeating through each student: an outfit dedicated to bringing awareness to world issues. The idea grew further and a fashion show was born.

The students designed and created the outfits, found models to wear them, found the venue, catering and security and worked on advertising.

Interior decorating program co-ordinator Margie Hedges praised the students for all of the work they put in.

"I am so proud of them for all of this," she said. "They were given an idea and they did all the rest. It's so exciting."

The classmates,

consisting mainly of women, with only one male student,

designed and created all the costumes from scratch. Covering issues such as animal cruelty, sex trades and child abuse, these costumes were designed to evoke emotion.

Meghan O'Rourke, who designed and modeled her own creation simply called "war," said it was a very personal show.

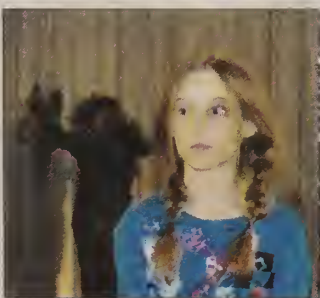
"We all know people who were somehow connected to the outfits, so it was definitely a personal thing as well," she said.

"It really meant a lot being able to represent a friend through my work."

Held in Cornerstone, a furniture store on Main Street in Cambridge, Awearness captivated nearly 300 audience members.

"It's incredible," said Hedges. "We were only expecting about 100."

Proceeds from the show went to the Cambridge Self-Help Food Bank, with a donation taken up during the event to go to the Red Cross for Japan in their time of need.



Photos by
Amanda Baines

Awearness, a fashion show created to express world issues, touched on a variety of problems including child abuse, war and anxiety.

